



# *Critical Days of Summer*

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## Recreational Swimming



***Brought to you by:  
The Naval Safety Center***





# *Statistics*

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★ Between FY02 and FY04, a total of 37 Sailors and Marines died in water-related accidents.



★ 28 of those who died were at the beach or other outdoor body of water, and 4 were in swimming pools.



★ 5 Sailors and Marines died while scuba diving.



# *Safety Tips – At the Beach*

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- ★ Wear sunscreen.
- ★ Drink plenty of water. Avoid alcohol and caffeine.
- ★ Watch for signs of heat stroke.
- ★ Wear sunglasses to protect your eyes from UV rays.
- ★ Don't dive head first into shallow or unknown water.
- ★ Make sure a lifeguard is present – the vast majority of drownings occur at locations where lifeguards are not present.
- ★ Swim parallel to the shore and don't go out too far.
- ★ Heed signs that warn of hazards such as riptides and underwater obstacles.
- ★ Wear sandals to protect your feet from burns and cuts.



# *Safety Tips – In the Pool*

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- ★ Try to have a lifeguard or at least another person present. Never swim alone.
- ★ Don't dive head-first into the shallow end.
- ★ Have lifesaving equipment present, such as a pole, rope, or life ring, and know how to use it.
- ★ Wear sunscreen and sunglasses.
- ★ Never let children swim alone.
- ★ If you have a pool cover, remove it completely before swimming.
- ★ If you hear thunder, get out immediately.
- ★ Don't hyperventilate before submerging. You could lose consciousness and drown.
- ★ Learn CPR.



# *Do You Know What You're Getting Yourself*

*It*



**Always investigate before taking the  
plunge**



# *Mishap Summaries*

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★ A Sailor fell off rocks into a natural swimming area and drowned.



★ A Marine drowned while swimming. Alcohol was involved.



★ A senior chief drowned while swimming in lake.

★ A Sailor drowned while trying to save his brother at a swimming hole.



# *Suggested Best Practices*

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- ★ Always check the weather before going to the beach. You don't want to be caught away from shelter if a thunderstorm approaches quickly.
- ★ Never swim alone. Practice the "Buddy System" and always be aware of what each other is doing.
- ★ Only swim at a location when a lifeguard is present.



# *Myth Busters*

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★ Myth: I'm a strong and experienced swimmer. A riptide is no match for me.



★ BUSTED: That cocky attitude has been wiped off the faces of many a "strong swimmer" just before they drowned. Riptides aren't there for the competition. They'll continue to suck you out to sea until you are exhausted and finally give in.







# *Myth Busters*

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- ★ Myth: I've never experienced shallow water blackout. Besides, I would feel it coming on and be able to surface before losing consciousness.
- ★ BUSTED: Wrong! It can happen to anyone, and the blackout effect overtakes you so quickly, there is no time to react before becoming incapacitated. If you plan to hyperventilate before submerging, make sure you have a buddy present who knows what you're doing. Otherwise ... well, let's just say it gives a whole new meaning to the phrase "Sleepin' with the fishes."



*Work, Play, Live ...  
Safely!*

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